

NORCO

NORTHERN COLORADO
VOLLEYBALL CLUB

March 31st, 2017

Success in Spokane!!

Last weekend was the Pacific Northwest Qualifier in Spokane. With 4 teams representing NORCO, the combined finish of the weekend was 31-6 ~ **OUTSTANDING!!**

17 Black, 17 Blue, and 16 Black all went undefeated on Day 1! **17 Black** took 1st place and won the 17 Open Division! **17 Blue** continued their undefeated streak to win 17 USA and a Bid to Nationals! **16 Black** continued their hard work and made their way to the Elite 8, finishing 4th in the 16 Open Division. **15 Black** bounced back from a well fought first day and went undefeated the next two days, finishing 1st in their bracket.



We Came, We Saw, We Took Home Hardware!!





NORCO's Last Spring Clinic Serve & Jump Serve

Saturday, April 8th 1-3 pm

Use the link below to reserve your spot today - this clinic is filling up quickly!

Come work on your serve - this 2-hour clinic will teach the basics of footwork, body position, toss, arm swing, and follow-through. The coaches will also teach the techniques, skills, and mindset needed to serve at a consistent and accurate level. Participants will learn how to do various overhand and jump serves including top-spin and float serves!



**Led By: 16 Black Head Coach
Jared Rudiger and 17 Blue Head Coach
Kate Hampson**

Assisted By: Kelly Mundhenk, Clara Koeltzow, Arielle Boone,
Melanie Weiss, and Hilda Taهران

[April 8th Serve/Jump Serve Clinic Registration](#)

Consistency when Serving

In 14 & Under matches the two main staples of success are passing and serving. 14 Black teams have always emphasized serving consistency and Abby Hays, outside hitter for 14 Black, has taken this to a new level. Teams are just over half way in the season and **in competition**, so far this year **Abby has not missed a single serve!** Abby has served 137 time, scored 11 aces, and has had 0 errors - 100% for the year. In addition, Abby hits the desired zone about 90% of the time. This truly shows that when it comes to serving, Abby takes control.



Abby, best of luck and keep up the hard work!

Youth Camps & Clinics

The **All-Star Skills Camp** is designed to help advance the skills of intermediate volleyball player ages 10-14 years. This program is open to both



All-Stars

boys & girls and focuses on advancing the fundamental skills and techniques to prepare them for the next level of volleyball. The practices are skill-based with occasional game-play. *Tuesdays & Thursdays, 4-5 pm April 4th - 27th* [Register HERE for All-Stars Skills Camp](#)

NORCO's Spring Middle School League

is suited for players who are/will be in 6th - 8th grade, is designed for the beginner to intermediate player, and is open to both club and non-club members. This is a great opportunity to freshen up on your skills, get lots of touches and play with old friends or meet new ones! During the registration process you will have the option to sign up as an individual, request a team, or request a friend. The 2017 league began Monday, April 24th and will run through Friday, May 26th. *Mondays 4:30-6 pm & Fridays -7:30 pm, April 24th - May 26th* [Register HERE for the Middle School League](#)

New Under Armour Knee Pads!

Are you looking for a thicker knee pad? Under Armour has released their newest knee pad - the Strive. The strive offers 3 panels of padding and are available in 3 different sizes: small, medium, and large. Stop by the office to purchase a pair - \$30, cash or check only, please.



2017 Summer Camps & Clinics Schedule Announced!

Registrations are available at
www.NORCOvolleyball.com

Click [HERE](#) for a 'clickable' version of the summer
[schedule!](#)



ALL CAMP PARTICIPANTS WILL RECEIVE A CAMP T-SHIRT!



FOR MORE INFO OR TO REGISTER FOR A CLINIC AT NORCO, PLEASE VISIT www.norcovolleyball.com



| ALL AGES | Date | Time | Cost |
|--|----------|------------------------------|-------|
| LIBERO CAMP | May 13 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| ALL SKILLS ACADEMY | May 20 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| HITTING CLINIC | June 1 | 5:30 pm-7:30 pm | \$65 |
| SERVE & PASS CAMP | June 8 | 5:30 pm-7:30 pm | \$65 |
| ALL SKILLS ACADEMY | June 14 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| HITTING CLINIC | June 19 | 5:30 pm-7:30 pm | \$65 |
| ALL SKILLS ACADEMY | July 5 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| SETTING CLINIC | July 24 | 5:30 pm-7:30 pm | \$65 |
| HITTING CLINIC | July 26 | 5:30 pm-7:30 pm | \$65 |
| SETTING CLINIC | Aug 3 | 5:30 pm-7:30 pm | \$65 |
| LIBERO CAMP | Aug 7 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| SERVING CLINIC | Aug 9 | 5:30 pm-7:30 pm | \$65 |
| ALL SKILLS ACADEMY | Aug 10 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| YOUTH | Date | Time | Cost |
| SERVE & PASS CAMP* | June 5 | 5:30 pm-7:30 pm | \$65 |
| HITTER & SETTER CAMP* | June 6 | 5:30 pm-7:30 pm | \$65 |
| LIBERO CAMP* | June 7 | 5:30 pm-7:30 pm | \$65 |
| YOUTH ACADEMY SERIES—All of the above* | June 5-7 | | \$175 |
| SETTING CLINIC | June 21 | 5:30 pm-7:30 pm | \$65 |
| SERVING CLINIC | June 28 | 5:30 pm-7:30 pm | \$65 |
| SERVING CLINIC | July 12 | 5:30 pm-7:30 pm | \$65 |
| ALL SKILLS ACADEMY | July 13 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |
| SETTING CLINIC | July 17 | 9:00-11:00am | \$65 |
| HITTING CLINIC | July 19 | 5:30 pm-7:30 pm | \$65 |
| JUNIOR HIGH / MS PREP CAMP | Aug 8 | 9:00-11:30 am, 12:30-3:00 pm | \$135 |

Youth camps are designed for ages 5-13.
All Ages camps will be divided up by age and skill level.

CLINIC and CAMP INFORMATION

- Each clinic will focus on teaching fundamental volleyball skills along with effective game management.
- Coaching bio's and additional information about our Summer Coaches can be found on our website.
- All NORCO Camps & Clinics are open to ALL interested players, regardless of club affiliation. Camps & Clinics are NON-REFUNDABLE unless the Camp or Clinic is canceled.



NORCO Volleyball Club
7395 Greendale Rd.
Windsor, CO
970-667-5005
www.norcovolleyball.com